

EXERCISE MACHINE FOR CONDITIONING ATHLETES

ABSTRACT OF THE DISCLOSURE

An exercise machine has a frame with a generally rectangular base and a platform disposed at an angle at one end upon which the user stands. A horizontal shaft rotatably mounted on a pair of vertical frame members near the forward end of the base has an upper central sprocket at its center and smaller sprockets at its outer ends. A lower central sprocket is rotatably mounted on the base. A weight support arm pivotally connected to a pair of upright frame members extends forwardly therefrom and a selected number of weights are received on the outer end thereof. An elongate lift arm pivotally connected to the vertical frame members extends angularly upward and rearward therefrom toward the platform and has a pair of shoulder pads at its outer end positioned a distance above the platform, with a first and second pair of lateral hand grips near each end of the pads for gripping the bar in two positions. A first chain wrapped around the upper central sprocket extends under the lower central sprocket and has its free end connected to the lift arm and a pair of second chains each wrapped around an outer sprocket in the opposite direction have their free ends connected to the weight supporting member. When the lift arm is raised by an upward force on the shoulder pads and/or hand grips, the lift arm pivots upward pulling the first chain down causing rotation of the upper central sprocket and outer sprockets which causes the second chains to pivot the weight supporting member upward with the weights at the outer ends thereof resisting the upward force applied to the lift arm.